

# HEADTEACHER'S WEEKLY BULLETIN

"For I know the plans I have for you... plans to give you hope and a future"

## ISSUE NO. 6: 13 Oct 2023

## **DIARY DATES**

| Tues 17 Oct  | Parent Teacher Consultations by appointment                     |
|--------------|---|
| Thurs 19 Oct | Parent Teacher Consultations by appointment                     |
| Mon 30 Oct   | Flu Vaccines for Rec—Year 2 children with parental consent      |
| w/c 6 Nov    | St Peter's Book Week ** NO AFTER SCHOOL CLUBS **                |
| Fri 10 Nov   | Dressing Up day for Book Week—Book characters related to "Hope" |

## G THINGS TO CHECK THIS WEEK:

- Appointment for Parent Evening
- 'Lost' School books returned
- □ Full PE Kit in school at all times
- □ Named wellies in school
- □ All items of uniform, coats, etc clearly named

#### Dear Parents and Carers,

It is hard to believe we are nearly at the end of our first half term. I know there are many children and parents who will welcome the break at the end of next week, but we still wonder where the time has gone. So much has already happened in the space of six weeks.

The Busy Bees children are firmly established members of the school community. They have amazed us with their absolutely fantastic skills at settling into school and the routines that come with school life. They are polite, smiley, happy and, I must say, a delightful class who are also excellent at tidying up – just in case you want to use this last part when their bedrooms need tidying over the half term break!

And as for the Years 1 and 2 children; you all make us proud with the way you have helped the Busy Bees, risen to new challenges and embraced each new aspect of learning in your new classes. Parents/Carers I hope you enjoy hearing about your child[ren's] progress in your parent consultations next week.

## KINDNESS 🎔



I have seen many kind gestures and acts this week, which make us all so proud of the children and I wanted to highlight this. So many of the

children are thoughtful and caring and this is wonderful to see. I want to give a special mention to Arthur this week, who I have given a kindness award to, for his unassuming acts of kindness in the classroom and around school. Well done Arthur.

Kindness can mean different things to different people. It might be shown through empathy, acceptance, kind gestures, thoughtfulness, the possibilities are entirely up to you. Kindness might look like being helpful or showing empathy. It may mean doing nice things without expecting nice things in return.

Kindness is a movement. Has someone ever done something kind to you and all you wanted to do after was pay it forward? That's because kindness is a chain reaction. It's a wave that keeps rolling, and all it needs is one person to start it. One small kind act can cause a ripple effect that impacts an entire community. If we are all focused on being kind, we are creating a movement of change.

## LITTLE BOXES OF KINDNESS AND HOPE

On a similar note, we have been thinking about other ways we can show kindness. As a school, we learned about the work of the <u>'Link To Hope'</u> charity who organise an annual 'shoebox' collection to send gifts to families in need. This charity offers help to people of all backgrounds regardless of race, colour or creed and with no qualifying criteria other than that they are poor

and marginalised. I realise that at times it may seem there are a lot of demands on your purse strings, and I do appreciate this can be tricky, but we would like to ask the children to fill a shoebox (either virtually or physically) for a family—not just a child—if they can and we will send it to the Link To Hope charity for distribution. You can either donate on line or make up a shoebox which will be sent to the poorest people in Ukraine, Moldova, Bulgaria and Romania. Unlike some other shoebox appeals, this scheme collects boxes (or makes up the boxes from your donations) for entire families and the elderly, so nobody is left out. Link to Hope is a smaller charity that is established enough to have personal relationships with the individuals in Eastern Europe who work hard delivering the boxes to families. This can be a fun way to get the children think these things are great!) when collecting items for the box. You can either do this on-line or fill a shoe box with all sorts of useful and/or exciting treasures. A leaflet will be in the children's book bags which tell you everything you need to know and do.

## CHRISTMAS OSHOEBOX APPEAL

### PARENT TEACHER CONSULTATIONS: TUES 17 & THURS 19 OCT

A reminder that we have our Parent Teacher Consultations next week. The meetings will take place in the classrooms. Please check carefully for your allocated appointment slot and ensure that you arrive in plenty of time as we may not be able to accommodate you if you are late for your appointment. You are able to have a quick look at your child[ren]'s books before/after the appointment if you wish. Please remember that the appointments are 10 minutes and we do need to be quite strict about this. Any overruns, however small, can have a significant knock on effect for later appointments. Many parents may be trying to accommodate second

appointments, either in different classes or even different schools so your

appreciated. If you wish to discuss any individual matters further please make an appointment with the class teacher for a mutually convenient time.



## "KINDNESS IS SOMETHING ANYONE CAN GIVE WITHOUT LOSING ANYTHING THEMSELVES."

- RAKTIVIST



## CAN YOU SPARE SOME TIME AND GIVE US SOME HELP?

We have a number of small jobs, and some events coming up, that we would really love some help with :

- Can you be an advocate for St Peter's School? We are looking for some parent volunteers who would like to support our Year 2 pupils showing prospective parents around our beautiful school on Open mornings and evenings. This is a wonderful opportunity for you to show off our amazing school, ensuring we attract lots of potential children into our reception class for the following year.
  - Do we have any handy people who could help us clear up the school grounds, move some slightly heavier objects and do some simple DIY? Are you able to spare 15-30 minutes at the start or end of the day during book week to help set up and run the Book Fair?

Please speak to me or email the school office and I can then talk you through these roles, dates/times and what is involved. I promise it is nothing too taxing but would be really appreciated. Thank you so much in advance.

## A PRAYER FOR PEACE IN THE MIDDLE EAST

O God of all justice and peace we cry out to you in the midst of the pain and trauma of violence and fear which prevails in the Holy Land Be with those who need you in these days of suffering; we pray for people of all faiths - Jews, Muslims and Christians and for all people of the land. While we pray to you, O Lord, for an end to violence and the establishment of peace, we also call for you to bring justice and equity to the peoples. Guide us into your kingdom where all people are treated with dignity and honour as your children for to all of us you are our Heavenly Father. In Jesus' name we pray. This prayer was written by The Very Revd Canon Richard Swell, Dean of St George's College Jerusalem.



## **CLASS NEWS**

## **BUSY BEES**

This week our Busy Bees have been exploring Autumn and the changes that happen at this time of year. We linked this topic to learning about our 5 senses. We went on an observational walk, did a smell prediction activity, went on a listening walk and used our hands to explore different natural textures like leaves, bark and even corn. We have learned about the life cycle of corn, explored the plant and made popcorn in the classroom. In Maths we explored the language "more and fewer" and the children investigated different groups to understand which ones had more or fewer objects. The children will be taking their folders home today with homework, reading diaries and a book. Please read the instruction letter carefully.

## LADYBIRDS



Ladybirds have had a good week. We have been looking at the book 'Laura's Star' by Klaus Baumgart in English and writing stories based on what we would do if we found a star: What would we show it? What would we do? In Maths we have continued our number bonds work—we are doing very well with these. In RE we have continued to learn how Christians believe God created the world and we have made some posters showing this.

## **DRAGONFLIES**

Dragonflies have had a good week. We have continued Paddington-based learning where we have put ourselves in his shoes and written diary entry entries in character. We have investigated emotions and how to describe these in written forms. In Maths we have been looking at using partitioning numbers to help us with addition problems. We have also had a focus on end of half term assessment. In Science we observed our egg experiment and recorded any changes we could identify. We noticed that the egg in water has stayed the same, the apple juice egg has changed colour and the one in cola has completely

disintegrated! Next week we will be writing up our results and deciding what this tells us to draw a conclusion. In RE we are looking at the true meaning of the Lord's prayer. This week we have been creating ephemeral art to represent the first 5 lines of the praver.



## SURREY HIGHWAYS INFORMATION

We have been given advanced notice of planned road closures on Tandridge Lane. Resurfacing works are scheduled to take place for 9 days from 25 October resulting in road closure between 8am and 5pm. Diversions will be in place.

#### This may impact the school run for the first few days after half term.

Start date: Wednesday 25 October 2023 Duration: For 9 days (excluding weekends) 8:00am-5:00pm Road closed ease look out for advance warning signs on site for any date changes or check <u>one</u>, <u>envery</u> or <u>Rocebook</u> and @surrey\_highways on Facebook and @surrey\_highways on Instagram

Have a really lovely weekend

God bless, Lenía Greenaway

## CHILD PROTECTION CONTACT CENTRE

At St Peter's we take the safety and well-being of every child very seriously. If you are ever concerned about a child please speak in confidence to our Designated Safeguarding Lead, Miss Greenaway or our Deputy Designated Safeguarding Leads, Mr Atterton and Mrs Vaquinhas.

If you feel you have not had a satisfactory response from us to any child protection issue, please phone the contact centre on:

櫁 Tel: 0300 200 1006

"Safeguarding is Everyone's Business"

## **Emergency information regarding the school** will be announced on HEART RADIO 102.7FM



## LOOKING AHEAD: BOOK WEEK

Taking a little look ahead to the second half of the autumn term, we will be having Book Week in the second week after we come back (w/c 6 November). For our new parents, who may not know, the children are able to dress up on the final Friday of Book Week as a book character that relates to the week's theme. I know that many parents are keen to know the theme for this as soon as possible, as they like to be prepared so, heads up... this year our theme will be "Hope". A letter with more details will be sent out next week.

10 Children's Books to feel Hopeful







## HOMEWORK

Busy Bees: Details in book bags

Ladybirds: Number Bonds

Dragonflies: Purple Mash activities

## Parents/Carers -

The children are regularly taking part in outdoor activities to support and expand their learning.



will take place in (within reason!) so please ensure vour child has a suitable coat (weatherproof with a hood and that can survive getting dirty) and wellies in school **EVERY** day.

These activities

## ST PETER'S CHURCH, TANDRIDGE



## **SUNDAY 15 OCTOBER**

11am All Age Worship 4.30pm Café Service @ St Mary's Church, Oxted 6.30pm Holy Communion

#### Diary Dates:

Sat 14 Oct Christmas Fair in The\_Space in Oxted Community Hall Thurs 2 Nov8pm Parish Ales at The Wheatsheaf Old Oxted Sun 5 Nov Memorial Service at St Mary's Church Sat 25 Nov Trivia Quiz evening at Oxted Community Hall

#### Phone: 01883 714263 Email:stmaryoxted.stpetertandridge@gmail.com https://stpeterstandridge.uk/Groups/343723/ St Peters Church.aspx

#### Dear Father God

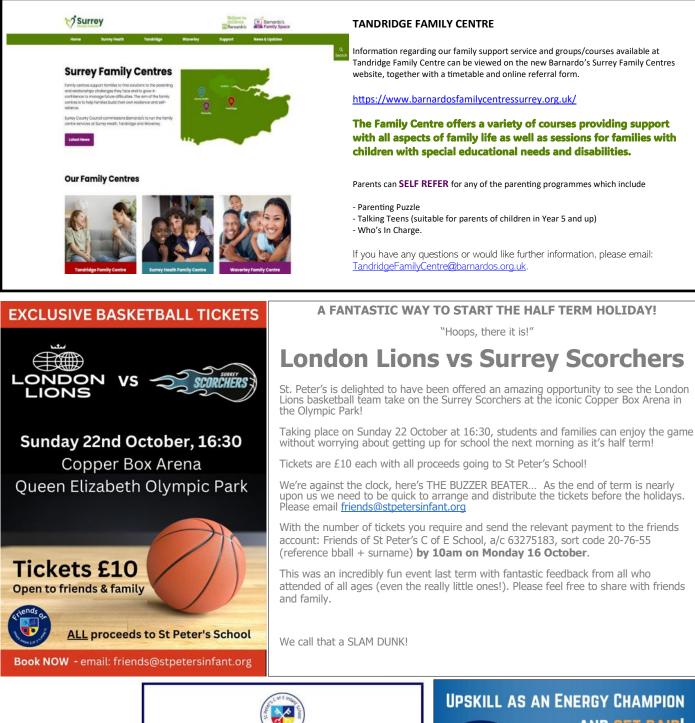
Thank you for the seasons we can count on find routine in, and that will never cease while the earth remains. As we enter into autumn, when the cooler winds drift in and the days grow shorter, draw us closer to you. Let us feel your warm and loving presence.





Southwark Diocesan Board of Education Supporting Christian Education







## At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit national college com for further guides, hints and tips for adults.

# **SUPPORTING CHILDREN TO DEAL** WITH UPSETTING CONTENT A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

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## FIND OUT WHAT YOUR CHILD KNOWS

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There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

## **RIGHT TIME, RIGHT PLACE**

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

## **KEEP IT AGE APPROPRIATE**

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening - but again, do stay aware of their emotional state. PG

## **EMPHASISE HOPE**

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

## MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling. 00

## CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

## Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bulking around the world. FaceUp helps give a volce to bystanders by encouraging them to speak up and get the help they not only want but need.

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SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

## TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk cgain. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

## ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

## FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

## **BUILD RESILIENCE**

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

## **IDENTIFY HELP**

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.





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